

## ***The Prevalence Of Postural Abnormalities In Elementary School Girl Students Referring To The Corrective Exercises Center Of Ardabil***

### ***Abstract:***

***Background and Objective:*** One of the most important health issues is the supply of students' physical needs and their health. Research indicates postural abnormalities and changes in physical forms among students. The purpose of this study was to investigate the prevalence of postural abnormalities in primary school girl students referring to the center of the Corrective Exercises in Ardabil.

***Methods:*** This study was descriptive and cross sectional. The statistical population of the study consists of all elementary school's girl students of the education department of Ardabil city (district 1) which were identified by the teachers of physical education in schools and referred to the center of the Corrective Exercises in Ardabil. The sampling method was Convenient Sampling and all girls with functional defects who were referred to the center of the Corrective Exercises in Ardabil in the academic year 2017-2018 were selected as the sample. Postural abnormalities checklist were used to collect information and data were analyzed by SPSS software version 24 and descriptive statistics methods.

***Result:*** In the study subjects, the highest percentage of abnormalities was associated with Uneven shoulder (82.59%) and the lowest percentage was related to flat lower back (0.5%). Other anomalies after the Uneven shoulder were respectively Lordosis, kyphosis, Genu Valgum, flat foot, Hallux valgus, forward head, Genu Varum, Scoliosis and flat lower back.

***Conclusion:*** Since correction and improvement of postural abnormalities at the lower ages is easy due to more flexibility in the muscles and joints, it is therefore necessary to take corrective exercises in these ages, Therefore, designing a training, evaluation and correction program would provide appropriate grounds for prevention and treatment.

***Keywords:*** postural abnormalities, Girl Students, Elementary School, Ardabil